

# Treatment Recomm

Revised April 2017

Ailment	OK if preg	Medication
Allergies	√	Benadryl/diphenhydramine 25 mg tablets
		Benadryl liquid 12.5mg/5ml
	√	CTM 4mg tablets
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	√	loratadine
		loratadine
		cetirizine (Zyrtec)
		Pseudoefedrine (Sudafed) 60mg tablets
Athlete's foot/fungal/jock itch	√	Clotrimazole(Canesten)
Cough/supression	√	Dextromethorphan
Cough/combination		Vicks 44 Formula Anak
Cough/expectorant	√	Guaifenesin 100mg tablets(GG)
Diarrhea	√	Oral Rehydration (Oralit)
		Loperamide (Immodium)
Heart burn		Mylanta liquid
Infected minor wounds	√	Bacitracin/Garamycin oint.
Itchy/fine rash	√	Hydrocortisone cream

Fungal Ear infection	√	equal parts olive oil, vinegar (us strength) and
Nausea	√	Antimo (dimenhydrinate) 50 mg tablets
		Antimo (dimenhydrinate) 50mg tablets
		Antimo 50mg tablets
Pain/Fever	√	Paracetamol (Panadol)
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		Ibuprofen 400mg tablets
		Ibuprofen 400mg tablets
		Ibuprofen 400mg tablets
Muscle Spasms		Skelaxin/solaxin
Severe Pain		tramadol
Pink eye		Garamycin or chloramphenicol eye drops/oin
Rash: (Dry, Red, Scaly )	√	Hydrocortisone cream
Rash	√	benadryl cream hives/itch
	√	Calamine lotion hives/itch
	√	Hydrocortisone cream itch
cuts, scrapes, and bites	√	Virgin coconut oil/ minyak kayu putih/ minyak gosok
Scabies		Ivermectin (veterinary liquid available locally)
	√	Permethrin cream / scabimite
Sunburn/minor burns	√	Aloe vera gel, cool wet towels, honey, silver sulfadiazine cream,
Asthma	√	Albuterol (salbutamol) puff
	√	Salbutamol tablets
Malaria		See Malaria Handout
<b>Infection</b>		<b>Medication</b>
		<b>dosing rule of thumb: children 6-12 y get than 2 year</b>
Amoeba		Metronidazole (Flagyl)
		Metronidazole (Flagyl)
		Tinidazole (Fasigyn)

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more than minor Burns	√	bioplacenton gel
	√	Silvadene (silver sulfadiazine) crm
	√	honey
		see skin infections if wound becomes infected
Boils - 1st goal is to drain it		Cotrimoxazole
		Cotrimoxazole
	√	Cephalexin or Cefadroxil 500mg
		Cephalexin or Cefadroxil 500mg
Giardia		Metronidazole (Flagyl)
		Metronidazole (Flagyl) syrup
		Tinidazole(Fasigyn) 500mg tablets
		Tinidazole(Fasigyn)500mg tablets
Fungal infections - yeast	√	Fluconazole 150 mg
		Clotrimazole or Miconazole cream
Fungal infections - ringworm		ketoconazole 200 mg
		Fluconazole 150 mg
		Griseofulvin 125 mg
Severe Diarrhea 6+ stools per day		CoTrimoxazole(Bactrim, Septra)
		CoTrimoxazole(Bactrim, Septra)
		CoTrimoxazole(Bactrim, Septra)
		Ciprofloxacin (Cipro)
		Metronidazole
Ear infection/severe respiratory infections, bronchitis and pneumonia	√	Co-amoxiclav 500mg tablets
		Co-amoxiclav 500mg tablets
		Co-amoxiclav 500mg tablets
	√	Erythromycin
		Erythromycin
		Erythromycin
	√	Azithromycin 500mg tablets
		Azithromycin 500mg tablets
Sinus infection	√	Azithromycin 500mg tablets

CoTrimoxazole(Bactrim, Septra)

	√	Penicillin (ospen)
	√	Erythromycin
Skin Infections	√	Cephalexin or Cefadroxil 500mg Cephalexin or Cefadroxil 500mg
Typhoid/ suspected Appendicitis		Ciprofloxacin (Cipro)
	√	Cefixime 400mg
Urinary Tract Infection		CoTrimoxazole(Bactrim, Septra)
		CoTrimoxazole(Bactrim, Septra)
		CoTrimoxazole(Bactrim, Septra)
		Ciprofloxacin (Cipro)
	√	Amoxicillin in pregnancy
Genital infections/ STI	√	Azithromycin 500 mg
HIV post exposure prophylaxis		Meds are available from Dept of Health
Worms		Mebendazole 100mg tablets
		Albendazole 400mg tablets
	√	Pyrantel Pamoate(Combantrin)
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## endations

### Dosage

Adults: 25-50 mg every 6-8 hrs as needed

Children 6-12 years: 12.5-25 mg every 6-8 hrs as needed

Children ages 6-12: 25mg every 6-8 hours.  
Children less than 10kg : 2.5 ml every 6-8 hrs  
Children 10 to 50kg: 5 - 10 ml every 6-8 hrs

Adults: 4 mg every 4-6 hrs as needed

Children ages 6 to 12 : half tablet every 4-6 hours

Adults: 10mg every 12-24hrs as needed

Children ages 6-12: 5mg every 24 hours.

Adults: 5-10 mg every 24 hours as needed

Adults: One tablet every 4-6 hours

Children ages 6-12: half tab every 4-6 hrs

Apply ointment 2X a day to affected areas until there is no more redness

Adults: one tablet every 4-6 hours

Children ages 2-12: half tab every 4-6 hrs

Dosage is on the bottle. This contains  
Guaifenesin and Dextromethorphan

Adults: 3 tablets every 8 hrs as needed

Children ages 6-12, 1.5-2 tablets every 8 hrs or 5 mg/kg every 8  
hours as needed

Use for any diarrhea of 3 or more stools and  
replace the volume of diarrhea and /or vomiting  
plus the usual daily volume of fluids

Adults: 4mg after loose stools, then 2mg after  
subsequent stools. No more than 8 mg per day.

30-60ml every 2-4 hours as needed for pain

Soak sore in hot H<sub>2</sub>O, then apply ointment 2X a day. If open, trt differently.

Apply 3-4 times a day for mild wounds, do not use for more than 7 days.

1 70% rubbing alcohol, mix, 1-2 drops daily in ear

Adults: 25 - 50 mg every 8-12 hours

Children ages 6 to 12: 12.5 - 25 mg every 6-8 hours

Children ages 2 to 5: 6 - 12.5 mg every 6-8 hours

Adults: 500mg every 4-6 hours

Children 6-12 yrs: 250mg every 4-6 hours

Adults: One tablet every 6-8 hours **NB** all NSAIDS can affect blood clotting and should be used very cautiously in diseases where bleeding or blood cell destruction is an issue like malaria and dengue fever

Children 6-12 yrs: 200mg every 6-8 hours

Children 2-5 yrs: 100mg every 6-8 hours

Adults: 1-2 pills every 8 hours as needed

Adults: 50mg every 6-8 hours

Use drops every 3-4 hours while awake OR ointment every 6-8 hrs.  
Use one day longer after eye clears

Apply 2 or more times a day to rash (MAKES FUNGUS WORSE!)

apply to affected area every 6-8 hours as needed

apply to affected area every 6-8 hours as needed

Apply 3-4 times a day

these local antiinfective agents are very good for minor scrapes, bites, and cuts

200ug/kg weekly for two doses

apply generously to all affected areas per the box. Retreat as needed

Apply 3-4 times a day for mild wounds, Open sores? treat as more than minor

maintenance: 2 puffs 3-5 minutes apart every 8 hours as needed

Acute rescue: 2 - 3 puffs every 30-120 minutes as needed for severe distress

Adults: 1-3 tablets every 6-8 hours as needed (the puff is preferred if available. It uses less medicine right where you need it)

## Dosage

**half an adult dose children 2-6 years get 1/4 adult dose and less than 2 years old you need a per kg weight**

Adults: 500-750mg 3 times a day for 7-10 days  
Take with food

Children: 10mg/kg 3 times a day for 7-10 days

Adults: 2grams as one time dose times 3 days  
Take with food

Children: 50mg/kg once a day for 3 days
Apply 3-4 times a day prevents infection and soothes pain Apply thin layer and cover with non stick dressings d. Avoid disturbing newly growing skin.
Adults 800/160 mg 2X day for 3 days after it opens Children 8 mg/kg 2x day for 3 days after it opens
Adults: 3 times a day for 3-7 days or the rash is gone Children: 10mg/kg three times a day for 1 week
Adults: 250mg, 3 times a day with food for 7 days Children less than 10kg : 2.5 ml every 6-8 hours Children 10 to 50kg: 5 - 10 ml every 6-8 hours
Adults: 2grams as one time dose, with food Children: 50mg/kg as one time dose with food
one dose is usually enough but may need 3 days follow instructions on the box for 3-5 days Adults: one tablet daily for 4 weeks Adults and kids over 6 years one tablet weekly for 2-4weeks One tablet per 15 kg body weight up to 4 tablets daily x 4 weeks
Adults: 800/160mg tabs, 1 tab 2X /day for 5-7 days
Children 6-12 yrs: 400/80mg tabs, 1 tab 2X a day Children 2-5 yrs: 200/40mg 2 times a day
Adults: 250 - 500mg 2X a day for 3-5 days, no dairy products use with caution in children and teens because of side effects on their ligaments.
Adults 250-500 mg 3x a day for 5-7days. OR Giardia dose above
Adults: 500/125 mg every 8 hours for 7-10 days
Children 6-12 yrs: 1/2 tablet every 8 hrs for 7-10 days Children 2-5 yrs: 1/4 tablet every 8 hrs for 7-10 days
Adults: 500mg, 3 times a day with food Children 6-12 yrs: 250mg, 3 times a day with food
Children 2-5 yrs: 125mg, 3 times a day with food
Adults: 2 tablets day 1 then 1 tablet a day for 4 days Children: 10mg/kg once a day for 5days
daily for 7-10 days NB sinus tissue is like a sponge and the infection usually takes a long time to clear.

use the dose above but it often takes 21 days to clear a sinus infection

4 times daily for a full 2 weeks

Same dose for Adults and Children as Erythromycin

Adults: 3 times a day for 3-7 days or the rash is gone

Children: 10mg/kg three times a day for 1 week

Adults: 500mg 2 times a day for 10 days

Adults: one tablet daily for 10-14 days

Children: 8mg/kg once a day for 10-14 days

Adults: 800/160mg tabs, 1 tab 2X /day for 5-7 days

Children 6-12 yrs: 400/80mg tabs, 1 tab 2X a day

Children 2-5 yrs: 200/40mg 2 times a day

Adults: 250mg 2X a day for 3-5 days, no dairy prod.

500 mg 3X daily for 3-7 days

Adult: 3 tablets one time and notify partner

Adults: 100mg 2X per day for 3 days,  
then 1 tab in 2 weeks. Over age 2 same dose

age 2 and over 1 pill, then 1 pill in 10 days

Adults: 11mg/kg as one dose (max 3), then repeat 2 wks

okay for babies, see bottle for dose